

Fore River, Portland, ME - Jul 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	6:48	8.3	7:12	9.2	12:40	1.3	12:50	1.5	5:03	8:26	
2	Mon	7:47	8.0	8:04	9.2	1:40	1.3	1:43	1.8	5:03	8:26	
3	Tue	8:44	7.9	8:55	9.2	2:37	1.2	2:36	1.9	5:04	8:26	
4	Wed	9:37	7.9	9:42	9.3	3:29	1.0	3:25	1.9	5:05	8:25	
5	Thu	10:24	8.0	10:26	9.5	4:15	0.8	4:10	1.8	5:05	8:25	
6	Fri	11:09	8.1	11:08	9.7	4:58	0.6	4:52	1.7	5:06	8:25	
7	Sat	11:50	8.3	11:48	9.8	5:38	0.5	5:32	1.6	5:07	8:24	
8	Sun			12:30	8.5	6:15	0.3	6:11	1.4	5:07	8:24	
9	Mon	12:26	9.9	1:07	8.6	6:51	0.1	6:50	1.2	5:08	8:24	
10	Tue	1:04	10.0	1:43	8.8	7:27	0.0	7:30	1.1	5:09	8:23	
11	Wed	1:42	10.0	2:19	9.1	8:03	-0.1	8:12	0.9	5:10	8:23	
12	Thu	2:22	9.9	2:58	9.3	8:41	-0.1	8:57	0.7	5:10	8:22	
13	Fri	3:06	9.8	3:40	9.6	9:23	-0.1	9:47	0.6	5:11	8:22	
14	Sat	3:55	9.5	4:27	9.8	10:08	0.1	10:40	0.5	5:12	8:21	
15	Sun	4:48	9.3	5:17	10.0	10:57	0.2	11:37	0.4	5:13	8:20	
16	Mon	5:46	9.0	6:12	10.2	11:50	0.5			5:14	8:20	
17	Tue	6:49	8.8	7:11	10.4	12:38	0.2	12:48	0.7	5:15	8:19	
18	Wed	7:56	8.7	8:15	10.6	1:44	0.1	1:51	0.7	5:16	8:18	
19	Thu	9:03	8.8	9:17	10.8	2:50	-0.2	2:55	0.6	5:17	8:17	
20	Fri	10:05	9.0	10:17	11.0	3:51	-0.6	3:56	0.4	5:17	8:16	
21	Sat	11:03	9.3	11:14	11.2	4:49	-0.9	4:54	0.2	5:18	8:16	
22	Sun	11:58	9.6			5:43	-1.0	5:50	0.1	5:19	8:15	
23	Mon	12:08	11.2	12:49	9.7	6:34	-1.1	6:43	0.0	5:20	8:14	
24	Tue	1:00	11.0	1:38	9.8	7:22	-0.9	7:35	0.1	5:21	8:13	
25	Wed	1:49	10.6	2:24	9.8	8:08	-0.6	8:25	0.3	5:22	8:12	
26	Thu	2:38	10.1	3:10	9.7	8:53	-0.2	9:16	0.5	5:23	8:11	
27	Fri	3:27	9.5	3:57	9.5	9:38	0.3	10:08	0.8	5:24	8:10	
28	Sat	4:19	8.9	4:45	9.3	10:24	0.9	11:01	1.1	5:25	8:09	
29	Sun	5:12	8.4	5:34	9.1	11:12	1.4	11:56	1.3	5:27	8:08	
30	Mon	6:07	8.0	6:25	8.9			12:02	1.8	5:28	8:07	
31	Tue	7:05	7.7	7:19	8.8	12:54	1.5	12:56	2.1	5:29	8:05	